

State Water Resources Control Board California Environmental Protection Agency

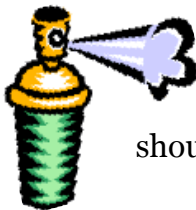
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Do's & Don'ts Around the Home

Use Less Toxic Cleaning Substitutes in Your Household, Business or Office, Church, School, and Community Center

- Use Less
Toxic
Cleaning
Substitutes

Toxic chemicals in the home can be eliminated simply by making thoughtful choices in the supermarket after educating oneself about where the hazards are in common consumer products. Try using non-toxic or less-toxic products as alternatives to hazardous household chemicals. While a little more "elbow grease" may have to be used with some of these products, the benefits in terms of improved indoor air quality, decreased exposure to chemicals, fewer waste disposal concerns, convenience, and lower costs should make the switch an easy one.



Most commercial all-purpose cleaners, ammonia-based cleaners, bleach, metal polishes, disinfectants, drain cleaners, floor wax or polishes, glass cleaners, dishwashing detergents, oven cleaners, and chlorinated scouring powders contain dangerous chemicals. Some examples of safer and more environmentally friendly solutions are provided below.



Use Less Toxic Cleaning Substitutes

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• For General Household Use:

Replace toxic cleaning products with less expensive, less specialized, non-toxic alternatives:

Soap Flakes & liquid soap for mixing

Example uses: When diluted with warm water; a good all purpose cleaner.

Baking soda

Example uses: Leave open boxes in rooms & refrigerator to absorb unpleasant odors, use as a scouring powder, a perspiration spot remover, fiberglass stain remover, & other uses.

Mineral Oil

Example uses: Use in place of furniture polish, and for some skin treatments.

Herbs & Spices

Example uses: To add an attractive scent to inside air – such as by simmering cinnamon & cloves in water.

Lemon Juice

Example uses: Use as a spot remover, with salt as a copper cleaner, with vegetable or mineral oil as a furniture polish.

Vinegar

Example uses: Use in water as a linoleum floor cleaner, cider vinegar as a pet odor remover, with baking soda & warm water as a tub & tile cleaner, to remove coffee pot stains.



Tri-sodium Phosphate (TSP)

Example uses: Use with liquid soap & warm water as an all purpose cleaner, with baking soda, washing soda, & warm water as an oven cleaner.

Non-chlorinated scouring powder

Example uses: For cleaning tub & tile, as a toilet bowl cleaner, to clean the kitchen sink, and laundry sinks.

Use Less Toxic Cleaning Substitutes



• For the Kitchen:

Replace toxic cleaning products with less expensive, less specialized, non-toxic alternatives:

Soap Flakes & liquid soap for mixing

Example uses: When diluted with warm water; a good all purpose cleaner.

Baking soda

Example uses: Leave open boxes in rooms & refrigerator to absorb unpleasant odors, use as a scouring powder & other uses.

Herbs & Spices

Example uses: To add an attractive scent to inside air – such as by simmering cinnamon & cloves in water.

Vinegar

Example uses: Use in water as a linoleum floor cleaner, cider vinegar as a pet odor remover, with baking soda & warm water as a tile cleaner, to remove coffee pot stains.

Tri-sodium Phosphate (TSP)

Example uses: Use with liquid soap & warm water as an all purpose cleaner, with baking soda, washing soda, & warm water as an oven cleaner.

• For the Bathroom:

Some nontoxic cleaning product example uses:

Vinegar

Example uses: Use in water as a linoleum floor cleaner, cider vinegar as a pet odor remover, and with baking soda & warm water as a tub & tile cleaner.

Non-chlorinated scouring powder

Example uses: For cleaning tub & tile, & as a toilet bowl cleaner.

Herbs & Spices

Example uses: To add an attractive scent to inside air – such as by simmering cinnamon & cloves in water.

Use Less Toxic Cleaning Substitutes

- **For the Utility Room/Laundry:**

Some nontoxic cleaning product example uses:

Soap Flakes & liquid soap for mixing

Example uses: When diluted with warm water; a good all purpose cleaner.

Baking soda

Example uses: Leave open boxes in rooms to absorb unpleasant odors, use as a scouring powder, a perspiration spot remover, fiberglass stain remover, & other uses.

Washing soda

Example uses: Make a paste with water & use for pre-laundry spot treatment.

Non-chlorinated scouring powder

Example uses: To clean the laundry sink

Herbs & Spices

Example uses: To add an attractive scent to inside air – such as by simmering cinnamon & cloves in water.

There are also a number of green, or environmentally friendly cleaning products now on the market, so you may not prefer to mix your own, although this choice tends to be more economical.

For more alternative solutions for household, business or office, church, school, and community center cleaning, please visit the following websites:

<http://www.ci.dover.nh.us/community/environmental/alternat.htm>

<http://es.epa.gov/techinfo/facts/safe-fs.html>

<http://www.sdearthtimes.com/eto496/eto496s2.html>

Questions and Comments:

For more information on the state's Nonpoint Source Program, please visit:

<http://www.swrcb.ca.gov/nps/index.html>

